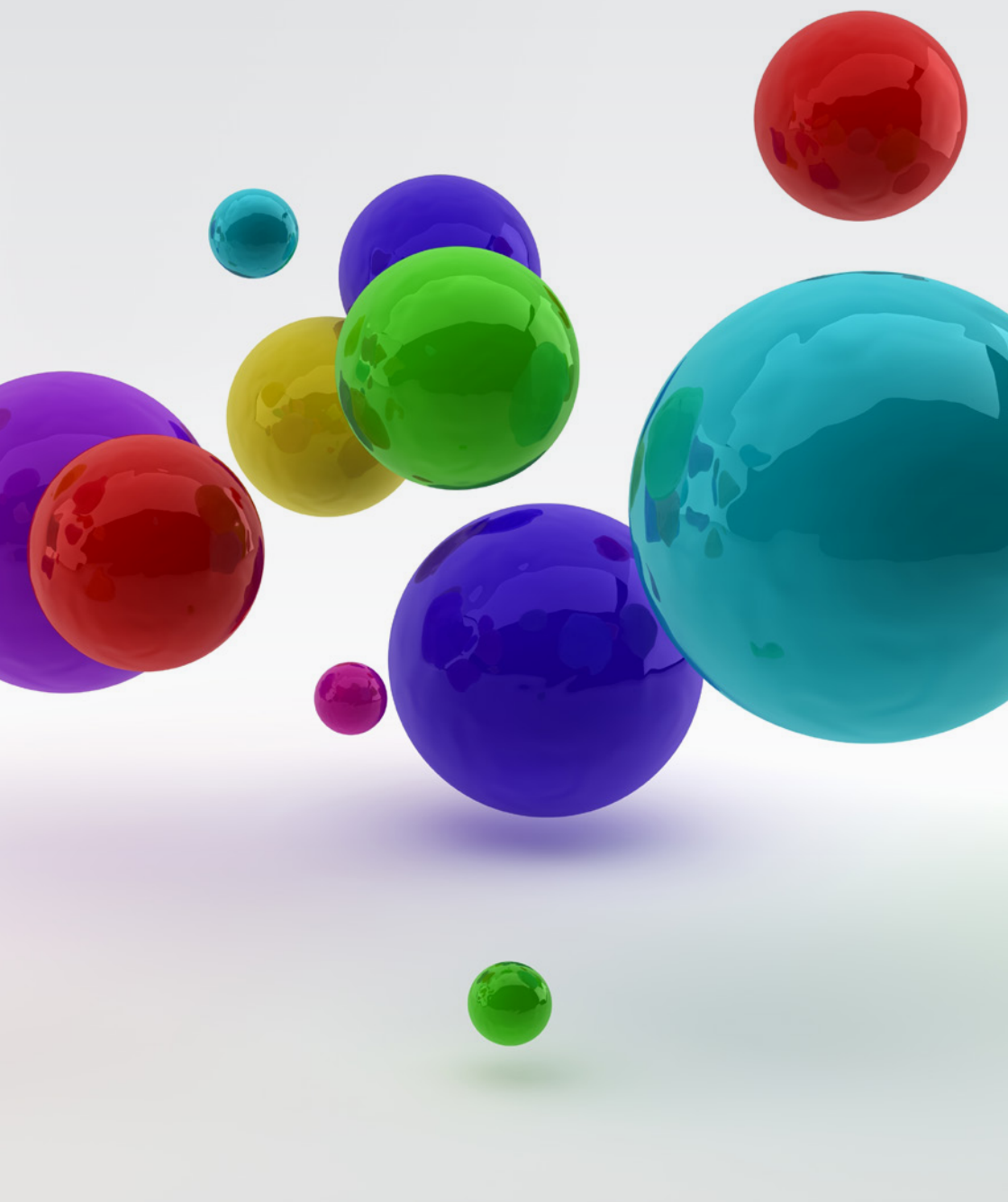


The Wellbeing Bingo Game

Instructions





Getting it right for every child



The Wellbeing Bingo Game has been designed to encourage young people to think about their own wellbeing, to share any concerns they have and to explore ways to improve their wellbeing with appropriate support. This could be a tool used by people who work with groups of young people to instigate conversations around wellbeing.

Wellbeing is used to describe the quality of a person's life. The Children and Young People (Scotland) Act 2014 describes wellbeing using these indicators: **safe; healthy; achieving; nurtured; active; respected; responsible; and included.** A child or young person's wellbeing is influenced by everything around them and the different experiences and needs they have at different times in their lives. Each young person is unique; there is no set level of wellbeing that everyone needs to achieve.

More information about the Getting it right for every child approach and the Wellbeing Indicators can be found on these websites:

<http://www.gov.scot/Topics/People/Young-People/gettingitright>

<http://www.wellbeingforyoungscots.org/>

Object of the game

The Game has been developed in partnership with a group of young carers. The aim is to use it as a tool to encourage young people to talk about their wellbeing and to support each other to improve their wellbeing. For example, it could be used by a Youth Support Worker to facilitate a discussion about wellbeing in general, or on a specific theme such as online safety, with a youth group.

The Game can help participants to:

- Everyone is unique and has different wellbeing needs at different times in their lives. However, there is no set level of wellbeing that everyone needs to achieve.
- Talk about their own wellbeing and/or concerns in a safe environment.
- Be reassured that there is help available if needed.
- Support other young people to improve their wellbeing.

The Facilitator selects an appropriate Wellbeing Chart, then from the Chart players choose the statements that they can relate to and arrange them on the Bingo Card in any sequence they like.

The Facilitator then calls out each of the wellbeing statements one by one and players are invited to match them with their card. Throughout the game, the Facilitator will encourage participants to explore and discuss their experiences, strengths and concerns related to the statements. It is important people are invited but not pressured to participate if they do not wish to do so.

The Game continues until one player has covered a vertical, horizontal, or diagonal pattern of four grid spaces on their card.

The Game Facilitator

The Game requires a Facilitator who is able to guide conversations in a safe and supportive environment. It makes sense if this is a professional or a leader of a young people's group who knows the participants well.

The Facilitator will also need to have knowledge of the Getting it right for every child framework and the wellbeing indicators.

Before the game starts, the Facilitator will:

- Give an introduction and provide a context for the conversation.
- Explain the Game including purposes, rules and steps.
- Check if participants are comfortable with taking part.
- Ensure the content is appropriate (suitable Wellbeing Chart is used).
- Stress that participants should not disclose or share anything if they do not wish to do so.

During the game, the Facilitator will:

- Encourage participants to share experiences and knowledge.
- Help participants to focus on their skills and strengths and come up with solutions, in particular how they have improved their own wellbeing when things have not gone well for them. It is crucial to ensure the participants are not under pressure to disclose anything they prefer not to.
- Suggest support available for that particular circumstance/condition.

After the game, the Facilitator will:

- Allow time for feedback or reflection from participants
- Offer individual follow-up support if appropriate.

Health Warning!!

Points to consider before playing the game.....

- The game works best if participants already know each other and work as a peer support group.
- The Facilitator may help the group to agree on some ground rules prior to the game. For example, keep it confidential and respect each other etc.
- Some wellbeing statements are personal and may refer to a sensitive subject. The Facilitator should carefully consider the suitability. Do not use these particular wellbeing statements if there is any doubt.
- No one should be forced to participate if they do not feel comfortable doing so.
- No one should feel they are required to disclose anything they do not wish to share.

Who can play?

No knowledge of Getting it right for every child or the wellbeing indicators is required from the players.

This game is designed for older children and young people aged 12 and above. However, the Facilitator will need to use their professional judgement to decide if the Game is suitable to the group and whether the contents are appropriate. Wellbeing Chart A is recommended for those who are 12-13 years and/or as a taster.

Participants are not required to share anything they do not wish to and should be able to withdraw from playing the game any time they wish to. They should be supported if they choose to withdraw and should not be judged for doing so.

Contents of pack

- 1 x Instructions
- 1 x Facilitator Guide
- 2 sets x Wellbeing Charts (one for the draw)
- 1 x Blank Wellbeing Chart
- 8 x Bingo Cards

How to play

4-8 Players per game

Step 1: Choose the Wellbeing Chart

The Facilitator will decide which Wellbeing Chart to use. He/she should pick one that is appropriate. The Facilitator may also use the blank Chart to create a new chart by coming up with new statements or by mixing from the existing Charts. For example, the Facilitator may want to focus on a specific theme such as mental health and use/create statements that are related to mental wellbeing.

Step 2: Create Bingo Card

From the chosen Wellbeing Chart, participants will choose 16 wellbeing statements that they can relate to. Then write them on the Bingo Card in any sequence they like. If preferred, players can write the numbers instead. Participants do **NOT** have to choose from all 8 headings.

Step 3: Call out the statements

Once all participants have their Bingo Card completed, the Game can start. Participants listen to the statements (and the number attached to that statement) called out by the Facilitator. They mark any square on their Bingo Card that matches the one which was called.

Step 4: Talk about wellbeing

Before repeating step 3, participants are encouraged and supported to talk about their wellbeing related to that statement. The Facilitator may guide participants to share solutions and how they can be supported to improve that aspect of wellbeing.

Step 5: Bingo

Continue playing step 3 and 4 until someone has covered a vertical, horizontal, or a diagonal pattern of four grid spaces on their card.

As soon as you have marked four consecutive squares on your card, call out **"Bingo!"** The first player to get Bingo wins the game.

Supporting Young People's Wellbeing

There are many organisations in Scotland that provide support to young people and help them to improve their wellbeing. Below are some examples of national organisations. There may be local support available. You may find their details from your school/college/university, your GP, local libraries or the national organisations below.

General

Young Scot - a national information and citizenship organisation for young people aged 11-26 in Scotland. <https://young.scot/>

Health

If you have any concerns about your physical or mental health, the best person to talk to is your GP.

NHS also provides information on certain conditions and self-help guide on their NHS Inform website. <https://www.nhsinform.scot/>

Mental Health

Scottish Association for Mental Health (SAMH) – is a Scottish charity which operates over 60 services in communities across Scotland, together with national programme work in See Me, respectme, suicide prevention, sport and physical activity; inform our policy and campaign work to influence positive social change. <https://www.samh.org.uk/>

Young people's rights

Children and Young People Commissioner Scotland (CYPCS) – the Commissioner and his team provide information about children and young people's rights and give advice when you feel your rights are not being respected. <https://www.cypcs.org.uk/>

Scottish Youth Parliament (SYP) – is a politically-independent organisation that aims to represent the young people of Scotland ensuring young people are heard by the decision makers of Scotland and are determined to campaign on the issues which matter most to Scotland's youth. <http://www.syp.org.uk/>

Equality

LGBT Youth Scotland – a national charity which provides advice and resources to young people on LGBT issues www.lgbtyouth.org.uk

Stonewall – a national charity which gives help and advice on LGBT related issues and rights www.stonewallscotland.org.uk

Volunteering

Volunteer Scotland – search volunteering opportunities
www.volunteerscotland.net

For information on your local Volunteer Centre
www.volunteerscotland.net/find-an-opportunity/find-support-locally/

Drugs, Alcohol & Tobacco

Fast Forward – a national voluntary organisation that exists to help young people understand the facts about drugs, alcohol and tobacco.
www.fastforward.org.uk

Carers

Carers Trust Scotland – information on local carers support services
www.carers.org/country/carers-trust-scotland

Abuse

NSPCC – Childline offers free, confidential advice and support to people aged 18 or under Tel: 0800 1111
www.stonewallscotland.org.uk

Online safety

CYPCS Ten points that helps you stay safe online
www.cypcs.org.uk/footer/online-safety

NSPCC online safety

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/



Acknowledgements

We would like to offer special thanks to Fife Young Carers Focus Group for their support in the development of this game and Young Scot for their design work.

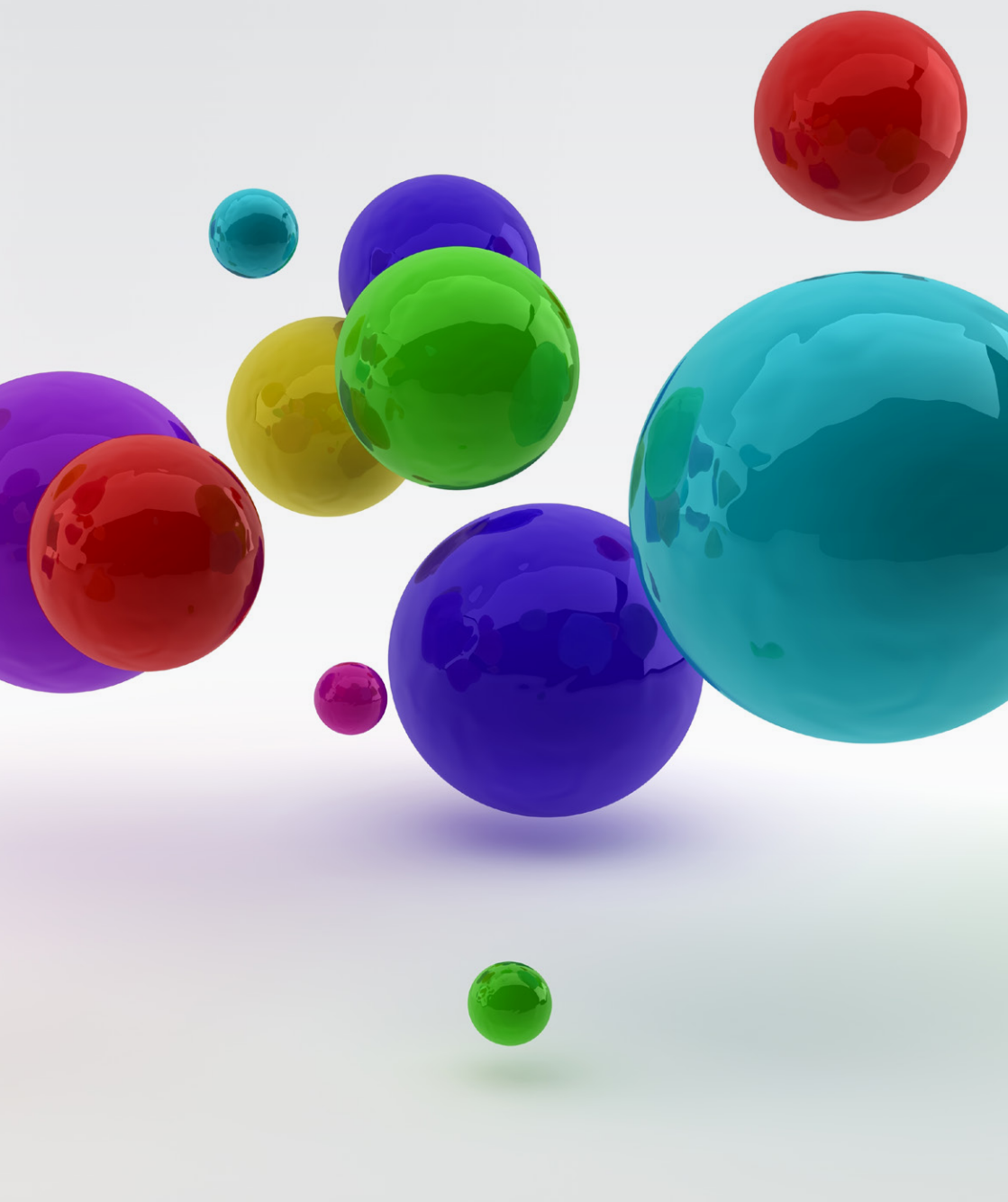
We would also like to thank Edinburgh Young Carers and Children in Scotland for their inputs.



The Wellbeing Bingo Game

Facilitator's Guide





Introduction

The Wellbeing Bingo Game has been designed as a tool to be used by people who work with groups of young people to instigate and support conversations around wellbeing. It requires an experienced facilitator to plan and host the game, so participants feel safe and supported to discuss their own wellbeing. This guide provides points for facilitators to consider at different stages of the game.

Who can become the Facilitator?

It is strongly recommended that the role is taken by a professional who:

- ✓ knows the participants well
- ✓ is able to guide conversations in a safe and supportive environment
- ✓ has good knowledge of Getting it right for every child and the wellbeing indicators
- ✓ is able to provide or sign-post support to individual participants after the game.

Planning

The Facilitator should consider the following when planning a game session:

Q. What is the age range of this group? Is the Game suitable for this group?

A: The Game is suitable for older children and young people aged 12 and above. However, facilitators will need to use their professional judgement to decide if the Game is suitable for the group and whether the contents are appropriate.

Q. Will participants feel comfortable to disclose and discuss wellbeing in a group?

A: The game works best if participants already know each other and work as a peer support group. No one should be forced to participate if they do not feel comfortable doing so. No one should feel they are required to disclose anything they do not wish to share.

Q. What is the context to the Game?

A: It may be helpful to explain what we mean by wellbeing, why it is important to talk about wellbeing and the reason for playing the Bingo Game.

Q. Which Wellbeing Chart are you going to use? Are the contents appropriate? Do you need to change some of the wordings?

A: Some wellbeing statements are personal and may refer to a sensitive subject. The Facilitator should carefully consider the suitability. Do not use these particular wellbeing statements if there is any doubt. More on 'Choosing a Wellbeing Chart' in the next section.

Q. Is there a specific subject you would like to focus on? Is it suitable to be discussed in a group setting? Are there any possible negative impacts on individual participants?

A: Although it may feel appropriate to focus on a specific subject, depending on their own experiences, different people may relate/react to the subject differently. The Facilitator should consider the possible negative impact on individuals.

Q. How can you support participants who might be affected by the Game?

A: The Facilitator should feel confident that support is available for participants after the game. This support could be provided by the facilitators themselves or referring to other organisations. However, it is the facilitator's responsibility to ensure appropriate support is offered.

Note: If the participant has a Child's Plan (may be called something else depending on the organisation supporting the participant) in place or is likely to have one in the near future, it may be worth considering how their responses to the statements can inform this plan.



Choosing a Wellbeing Chart

There are 4 Wellbeing Charts available in the pack.

After considering the above points, facilitators should carefully choose one that is appropriate.

Wellbeing Charts A & B contain generic wellbeing statements. They are suitable to most age groups. They are recommended to be used as a taster or if it is the first time the group plays this game.

Wellbeing Charts C & D contain statements on sensitive subjects such as sexual health and use of drugs and alcohol. They should therefore be used with caution. Support should be readily available for participants before, during and after the game. These charts also contain statements which are age specific, for example, about driving and jobs. Therefore they are more suitable for older age group.

Blank Wellbeing Chart

There is also a blank Wellbeing Chart in the pack. Facilitators can choose to make their own Wellbeing Chart by mixing and matching from the existing ones, or by creating new statements.

Before the game

The Facilitator should:

- Give an introduction and provide a context for the conversation. It may be useful to go over the eight Wellbeing Indicators, checking out participants understanding of these terms.
- Explain the Game including purposes, rules and steps
- Work with the group to establish some ground rules. For example, confidentiality, non-judgemental, respect for others, be supportive etc.
- Check again if participants are comfortable with taking part
- Stress that participants should not share anything they do not wish to disclose.



During the game

The Facilitator should:

- Encourage participants to share experiences and knowledge
- Help participants to focus on their skills and strengths and come up with solutions, in particular how they have improved their own wellbeing when things have not gone well for them. It is crucial to ensure the participants are not under pressure to disclose anything they prefer not to.
- Suggest support available for that particular circumstance/condition.

After the game

The Facilitator should:

- Allow time for feedback or reflection from participants
- Encourage participants to make positive changes to their wellbeing
- Offer individual follow-up support if appropriate.

Acknowledgements

We would like to offer special thanks to Fife Young Carers Focus Group for their support in the development of this game and Young Scot for their design work.

We would also like to thank Edinburgh Young Carers and Children in Scotland for their inputs.



Wellbeing Bingo Card

4-8 Players per game

Step 1: Choose the Wellbeing Chart

The Facilitator will decide which Wellbeing Chart to use. He/she should pick one that is appropriate. The Facilitator may also use the blank Chart to create a new chart by coming up with new statements or by mixing from the existing Charts. For example, the Facilitator may want to focus on a specific theme such as mental health and use/create statements that are related to mental wellbeing.

Step 2: Create Bingo Card

From the chosen Wellbeing Chart, participants will choose 24 wellbeing statements that they can relate to. Then write them on the Bingo Card in any sequence they like. If preferred, players can write the numbers instead. Participants do **NOT** have to choose from all 8 headings.

Step 3: Call out the statements

Once all participants have their Bingo Card completed, the Game can start. Participants listen to the statements (and the number attached to that statement) called out by the Facilitator. They mark any square on their Bingo Card that matches the one which was called.

Getting it right for every child



Wellbeing Chart - A

Safe 	Healthy 	Achieving 	Nurtured 	Active 	Respected 	Responsible 	Included 
1. I hang out with friends I can trust.	6. I exercise regularly.	11. I am involved in after school activities.	16. I live a safe home.	21. I get involved in new activities.	26. I get involved in the community.	31. I respect others.	36. I am consulted about decisions affecting me.
2. I know how to look after myself.	7. I am confident.	12. I enjoy learning.	17. I feel important.	22. I walk my pets.	27. I am free to celebrate my own culture and faith.	32. I am a responsible citizen.	37. I get involved in local projects.
3. My friends and I support and look after each other.	8. I have regular dental check ups.	13. I always give my best in whatever I do.	18. I get on well with my family.	23. I take part in sports competitions.	28. My friends respect me and do not push me to do things I don't like.	33. I obey the law.	38. I enjoy participating in young people's groups because we share the same interests.
4. I don't do anything that is against the law.	9. I enjoy playing sports with my friends.	14. I enjoy what I do in my spare time e.g. music, sports, hobbies.	19. I listen to my parents and they listen to me.	24. I feel anxious about meeting new people.	29. I am treated as an individual.	34. I help around the school e.g. being a prefect.	39. I am supported to take part in activities.
5. I know where to go for help when I don't feel safe.	10. I can talk to my friends/family about my problems.	15. I often arrive late at school.	20. I have good friends that are encouraging.	25. I like doing outdoor activities.	30. I am respected for who I am.	35. I leave a mess wherever I go.	40. I participate in Scottish Youth Parliament.

Wellbeing Chart - B

Safe 	Healthy 	Achieving 	Nurtured 	Active 	Respected 	Responsible 	Included 
1. I have a good relationship with my family. I feel safe around them.	6. I try my best to look after my health.	11. I have problems getting out of bed in the morning.	16. I get the support I need from others.	21. I have good social skills.	26. I make my own decisions.	31. I understand different cultures and faiths.	36. I don't know how to access benefits and grants.
2. I have been bullied.	7. I feel isolated.	12. I feel motivated to learn new skills.	17. I'm often told I'm not good enough.	22. I don't have any chances to go on short breaks.	27. I speak up for myself.	32. I stay out of trouble.	37. I cannot participate in certain activities because we cannot afford to pay.
3. I help look after my siblings.	8. I don't talk about my feelings, it's embarrassing.	13. I am worried about the cost of college/university.	18. I cannot talk to my parents, they don't understand.	23. I try new sports during PE lessons.	28. I can voice my own opinions without being judged.	33. I eat healthily.	38. My opinions are taken on board when making decisions affecting me.
4. I've been treated badly.	9. I often play video games for hours with no breaks.	14. I am under huge pressure to achieve good grades.	19. People who matter to me value my views.	24. I don't feel confident enough to join any groups or classes on my own.	29. I get talked over when I try to express my opinion.	34. I don't do my share of housework.	39. I don't feel I am listened to by professionals.
5. I always let my parents know where I go, especially when I stay out late.	10. I can cope with changes.	15. I have been/am at risk of being excluded from school.	20. I don't know where to get the support I need.	25. I walk/cycle to school.	30. I feel ignored when I asked for help.	35. I shy away from doing certain tasks at school/home.	40. I feel part of my community.

Wellbeing Chart - C

(Only suitable for older age groups and to be used with caution!)

Safe 	Healthy 	Achieving 	Nurtured 	Active 	Respected 	Responsible 	Included 
1. I regret some of the things I have done when I've been drunk.	6. I have a balanced diet.	11. I am learning to drive.	16. My family encourages me to try new things and don't mind me making mistakes.	21. It's too expensive to go to the gym.	26. My parents don't respect my rights to privacy.	31. I volunteer.	36. I can find and keep a job.
2. I always try to make safe decisions.	7. I feel bad about how my body looks.	12. I manage exam stress by planning and preparing for it in advance.	17. My teachers are very supportive and give good guidance.	22. I use the stairs instead of the lift whenever I can.	27. I am respected for my religious beliefs/ race/sexuality.	32. I make sensible choices.	37. I feel left out because of my caring responsibilities. I don't have time to participate in activities.
3. I have a healthy relationship with my boyfriend/girlfriend and we respect each other.	8. I look after my sexual health.	13. I volunteer in my spare time.	18. I can always ask for help/advice when I need it.	23. I exercise regularly.	28. I constantly feel under peer pressure.	33. I take responsibility to run a support group for young people.	38. I can look after a tenancy.
4. I am a responsible driver. I am careful on the roads for myself and other road users.	9. I don't take drugs or drink alcohol.	14. I got into my chosen college/university/ modern apprenticeship course.	19. My caring role occupies most of my time. I don't have time to develop my own hobbies.	24. I don't sit around on weekends and help doing things like washing the car.	29. I am respected as a young carer.	34. I don't manage money well and am often in deb.t	39. I am excluded in team discussions at work because of my age.
5. I accidentally shared my personal info/ photos online.	10. I eat a lot of takeaways/junk food because it's convenient.	15. I set my own goals and work hard to achieve them.	20. My ideas often got ignored.	25. I play video games for a long time without a break.	30. I am pressured to choose particular courses in school/ college.	35. I occasionally cause trouble in school.	40. I get professional help, so I can enjoy life as well as caring for someone.

Wellbeing Chart - D

(Only suitable for older age groups and to be used with caution!)

Safe 	Healthy 	Achieving 	Nurtured 	Active 	Respected 	Responsible 	Included 
1. I take positive risks and consider the possible consequences before taking actions.	6. I know how to cope with anxiety/stress/depression.	11. I have a part-time job.	16. I have a good support network.	21. I help out by doing things like cutting the grass.	26. I make my own choices in the path I choose to lead – at school and at home.	31. I take good care of myself.	36. I feel confident to share barriers I am facing because I know I will be included in coming up with solutions.
2. I feel safe expressing my sexuality.	7. I feel low and have thought about harming myself.	12. I am working to gain a qualification.	17. My part-time job gives me opportunities to learn new skills.	22. I have developed new interests.	27. I get bullied because of my sexuality.	32. I do my best when given a responsibility.	37. I am included in all family decisions.
3. My friends pressure me into trying drugs /alcohol.	8. I become angry easily.	13. I feel proud of myself for what I have achieved.	18. I get bullied physically/verbally /online	23. I enjoy family activities.	28. I know my rights.	33. I'm responsible for my own independent learning.	38. I find it difficult to cope with being a young parent.
4. I understand the importance of safe sex.	9. I know how to get professional help when I don't feel well.	14. My caring role doesn't stop me from achieving my own goals.	19. I have opportunities to develop my own interests.	24. There is a lack of leisure facilities in my community for me to use.	29. I get asked for my views but they are not taken seriously.	34. I take my part-time job seriously.	39. I don't have time to spend with friends because of a caring role.
5. I stay out late after a row with my family to avoid further arguments.	10. I feel stressed trying to balance my studies and social life at the same time.	15. I find it difficult to cope with moving school.	20. I can always rely on my parents/siblings for support.	25. I can use my Young Carers card/Young Scot Card to access facilities at a lower cost/for free.	30. I feel listened to.	35. I challenge discrimination and bullying.	40. I am excluded because I don't have much money.

Wellbeing Chart - A

✂
Cut along dotted lines

Safe 	Healthy 	Achieving 	Nurtured 	Active 	Respected 	Responsible 	Included 
1. I hang out with friends I can trust.	6. I exercise regularly.	11. I am involved in after school activities.	16. I live a safe home.	21. I get involved in new activities.	26. I get involved in the community.	31. I respect others.	36. I am consulted about decisions affecting me.
2. I know how to look after myself.	7. I am confident.	12. I enjoy learning.	17. I feel important.	22. I walk my pets.	27. I am free to celebrate my own culture and faith.	32. I am a responsible citizen.	37. I get involved in local projects.
3. My friends and I support and look after each other.	8. I have regular dental check ups.	13. I always give my best in whatever I do.	18. I get on well with my family.	23. I take part in sports competitions.	28. My friends respect me and do not push me to do things I don't like.	33. I obey the law.	38. I enjoy participating in young people's groups because we share the same interests.
4. I don't do anything that is against the law.	9. I enjoy playing sports with my friends.	14. I enjoy what I do in my spare time e.g. music, sports, hobbies.	19. I listen to my parents and they listen to me.	24. I feel anxious about meeting new people.	29. I am treated as an individual.	34. I help around the school e.g. being a prefect.	39. I am supported to take part in activities.
5. I know where to go for help when I don't feel safe.	10. I can talk to my friends/family about my problems.	15. I often arrive late at school.	20. I have good friends that are encouraging.	25. I like doing outdoor activities.	30. I am respected for who I am.	35. I leave a mess wherever I go.	40. I participate in Scottish Youth Parliament.

Wellbeing Chart - B

Cut along dotted lines

Safe 	Healthy 	Achieving 	Nurtured 	Active 	Respected 	Responsible 	Included 
1. I have a good relationship with my family. I feel safe around them.	6. I try my best to look after my health.	11. I have problems getting out of bed in the morning.	16. I get the support I need from others.	21. I have good social skills.	26. I make my own decisions.	31. I understand different cultures and faiths.	36. I don't know how to access benefits and grants.
2. I have been bullied.	7. I feel isolated.	12. I feel motivated to learn new skills.	17. I'm often told I'm not good enough.	22. I don't have any chances to go on short breaks.	27. I speak up for myself.	32. I stay out of trouble.	37. I cannot participate in certain activities because we cannot afford to pay.
3. I help look after my siblings.	8. I don't talk about my feelings, it's embarrassing.	13. I am worried about the cost of college/university.	18. I cannot talk to my parents, they don't understand.	23. I try new sports during PE lessons.	28. I can voice my own opinions without being judged.	33. I eat healthily.	38. My opinions are taken on board when making decisions affecting me.
4. I've been treated badly.	9. I often play video games for hours with no breaks.	14. I am under huge pressure to achieve good grades.	19. People who matter to me value my views.	24. I don't feel confident enough to join any groups or classes on my own.	29. I get talked over when I try to express my opinion.	34. I don't do my share of housework.	39. I don't feel I am listened to by professionals.
5. I always let my parents know where I go, especially when I stay out late.	10. I can cope with changes.	15. I have been/am at risk of being excluded from school.	20. I don't know where to get the support I need.	25. I walk/cycle to school.	30. I feel ignored when I asked for help.	35. I shy away from doing certain tasks at school/home.	40. I feel part of my community.

Wellbeing Chart - C

(Only suitable for older age groups and to be used with caution!)

Safe 	Healthy 	Achieving 	Nurtured 	Active 	Respected 	Responsible 	Included 
1. I regret some of the things I have done when I've been drunk.	6. I have a balanced diet.	11. I am learning to drive.	16. My family encourages me to try new things and don't mind me making mistakes.	21. It's too expensive to go to the gym.	26. My parents don't respect my rights to privacy.	31. I volunteer.	36. I can find and keep a job.
2. I always try to make safe decisions.	7. I feel bad about how my body looks.	12. I manage exam stress by planning and preparing for it in advance.	17. My teachers are very supportive and give good guidance.	22. I use the stairs instead of the lift whenever I can.	27. I am respected for my religious beliefs/ race/sexuality.	32. I make sensible choices.	37. I feel left out because of my caring responsibilities. I don't have time to participate in activities.
3. I have a healthy relationship with my boyfriend/girlfriend and we respect each other.	8. I look after my sexual health.	13. I volunteer in my spare time.	18. I can always ask for help/advice when I need it.	23. I exercise regularly.	28. I constantly feel under peer pressure.	33. I take responsibility to run a support group for young people.	38. I can look after a tenancy.
4. I am a responsible driver. I am careful on the roads for myself and other road users.	9. I don't take drugs or drink alcohol.	14. I got into my chosen college/university/ modern apprenticeship course.	19. My caring role occupies most of my time. I don't have time to develop my own hobbies.	24. I don't sit around on weekends and help doing things like washing the car.	29. I am respected as a young carer.	34. I don't manage money well and am often in deb.t	39. I am excluded in team discussions at work because of my age.
5. I accidentally shared my personal info/ photos online.	10. I eat a lot of takeaways/junk food because it's convenient.	15. I set my own goals and work hard to achieve them.	20. My ideas often got ignored.	25. I play video games for a long time without a break.	30. I am pressured to choose particular courses in school/ college.	35. I occasionally cause trouble in school.	40. I get professional help, so I can enjoy life as well as caring for someone.

✂
Cut along dotted lines

Wellbeing Chart - D

(Only suitable for older age groups and to be used with caution!)

Safe 	Healthy 	Achieving 	Nurtured 	Active 	Respected 	Responsible 	Included 
1. I take positive risks and consider the possible consequences before taking actions.	6. I know how to cope with anxiety/stress/depression.	11. I have a part-time job.	16. I have a good support network.	21. I help out by doing things like cutting the grass.	26. I make my own choices in the path I choose to lead – at school and at home.	31. I take good care of myself.	36. I feel confident to share barriers I am facing because I know I will be included in coming up with solutions.
2. I feel safe expressing my sexuality.	7. I feel low and have thought about harming myself.	12. I am working to gain a qualification.	17. My part-time job gives me opportunities to learn new skills.	22. I have developed new interests.	27. I get bullied because of my sexuality.	32. I do my best when given a responsibility.	37. I am included in all family decisions.
3. My friends pressure me into trying drugs /alcohol.	8. I become angry easily.	13. I feel proud of myself for what I have achieved.	18. I get bullied physically/verbally /online.	23. I enjoy family activities.	28. I know my rights.	33. I'm responsible for my own independent learning.	38. I find it difficult to cope with being a young parent.
4. I understand the importance of safe sex.	9. I know how to get professional help when I don't feel well.	14. My caring role doesn't stop me from achieving my own goals.	19. I have opportunities to develop my own interests.	24. There is a lack of leisure facilities in my community for me to use.	29. I get asked for my views but they are not taken seriously.	34. I take my part-time job seriously.	39. I don't have time to spend with friends because of a caring role.
5. I stay out late after a row with my family to avoid further arguments.	10. I feel stressed trying to balance my studies and social life at the same time.	15. I find it difficult to cope with moving school.	20. I can always rely on my parents/siblings for support.	25. I can use my Young Carers card/Young Scot Card to access facilities at a lower cost/for free.	30. I feel listened to.	35. I challenge discrimination and bullying.	40. I am excluded because I don't have much money.

✂
Cut along dotted lines

Wellbeing Chart

Safe	Healthy	Achieving	Nurtured	Active	Respected	Responsible	Included
1.	6.	11.	16.	21.	26.	31.	36.
2.	7.	12.	17.	22.	27.	32.	37.
3.	8.	13.	18.	23.	28.	33.	38.
4.	9.	14.	19.	24.	29.	34.	39.
5.	10.	15.	20.	25.	30.	35.	40.

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